



Photo by Staff Sgt. Keith Anderson, 25th Infantry Division Public Affairs

The command team reviews the troops during the 25th ID change of command ceremony at Weyand Field, Schofield Barracks, Jan. 4. Standing, left to right, are Maj. Gen. Ronald P. Clark (incoming), Col. Richard Ullian (chief of staff), Lt. Gen. Gary J. Volesky (commander, I Corps), and Maj. Gen. Christopher Cavoli (outgoing).

‘Tropic Lightning’ welcomes Maj. Gen. Ron Clark

PVT. MEGAN BARNES
28th Public Affairs Detachment

SCHOFIELD BARRACKS — Soldiers, families and friends said farewell to Maj. Gen. Christopher Cavoli and welcomed Maj. Gen. Ronald P. Clark during a change of command ceremony, Jan. 4, here, at Weyand Field.

Cavoli, outgoing commanding general, 25th Infantry Division, relinquished command to Clark during the ceremony hosted by Lt. Gen. Gary J. Volesky, commanding general, I Corps and Joint Base Lewis-McChord, Washington.

“Maj. Gen. Cavoli’s ability to train this division for combat has been the best I’ve seen,” said Volesky. “Chris’ ability to identify, shape, plan and execute key exercises – some with allied partners, others in the role as a unilateral Army warfighting headquarters – prepared not only his subordinate units, but his entire headquarters to be the most combat-ready division in our Army.”

Cavoli was able to strengthen partnerships across the Pacific while increasing the deployment readiness of his own troops through the Army’s regional engagement program during Pacific Pathways rotations, Volesky said.

“It has been the high point of my time



in the Army, and I hope I have fulfilled my task,” Cavoli said.

The outgoing “Lightning 6” welcomed Clark to the 25th ID by recognizing him and his wife, Simona Clark, by their reputation of being thoughtful and positive leaders.

“To the Soldiers and families of the 25th Infantry Division and U.S. Army Hawaii, it is the greatest professional honor of my life to come home to Schofield Barracks and to serve in your ranks again,” Clark said.

Clark is not new to the Tropic Lightning Division. He previously served as the commander of B Company, 1st Battalion, 27th Inf. Regiment, and as an aide-de-camp to the commanding general of the 25th ID.

Left — Lt. Gen. Gary Volesky, I Corps commanding general, passes the 25th ID colors to the new Tropic Lightning commander, Maj. Gen. Ron Clark, at Weyand Field, Schofield Barracks, Jan. 4.

Photo by Sgt. Ian Ives
25th Sustainment Brigade Public Affairs
25th Infantry Division



Photo by Staff Sgt. Keith Anderson, 25th Infantry Division Public Affairs

Maj. Gen. Christopher Cavoli (left), Lt. Gen. Gary Volesky (center) and Maj. Gen. Ronald Clark march off Weyand Field during the 25th ID change of command, Jan. 4. Volesky, I Corps commanding general, hosted the change of command. Clark returns to the division; he had served as company commander and aide-de-camp to the commanding general when he was a captain. Cavoli has been nominated for promotion and will continue his career in Europe.

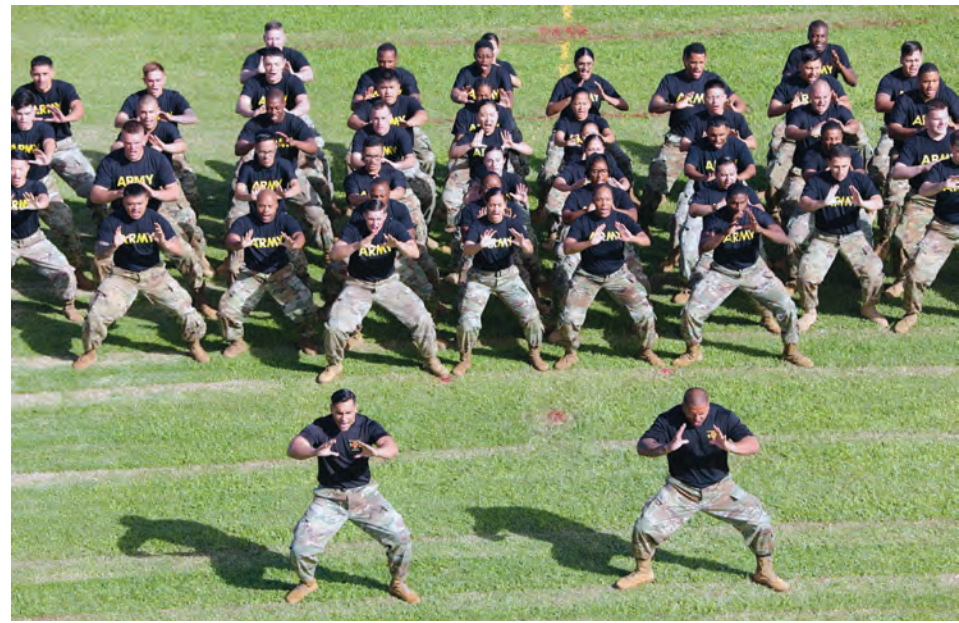


Photo by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs, 25th Infantry Division

The 25th ID Ha’a team performs during the change of command ceremony at Weyand Field, Jan. 4.

Photo by Staff Sgt. Keith Anderson, 25th Infantry Division Public Affairs

Right — Soldiers assigned to the Salute Battery, 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery, 25th ID, conduct honors during the change of command at Weyand Field, Jan. 4.



Photo by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs, 25th Infantry Division

Below — More than 5,000 25th ID Soldiers participate in the division’s change of command, Jan. 4, at Weyand Field, Schofield Barracks.



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Waikiki Improvement Association awards Hale Koa

Hotel receives Pili Honua honor for being “green”

FORT SHAFTER — The Waikiki Improvement Association has presented Hale Koa Hotel Armed Forces Recreation Center the 2017 Pili Honua Award, which recognizes projects, initiatives and operations that embody the goals and aspirations of “living green in Hawaii.”

The Waikiki Improvement Association announced its selection for the Pili Honua Award in late 2017 after a review and assessment of the various green initiatives the Hale Koa had undertaken during the previous year. This is one category of the WIA’s Ho’owehiwehi Awards.

“The Ho’owehiwehi award calls honor to organizations, which embrace its meaning to adorn, decorate or beautify,” said Richard E. LeBrun, Hale Koa general manager. “As such, it really is an honor to receive this award on behalf of Hale Koa Hotel, as we are relentlessly seeking ways to better care for, protect and preserve the beauty of the natural resources and various cultural elements of these beautiful islands. To receive an award of this magnitude and visibility is a truly humbling recognition of those efforts.”

The Hale Koa team earned the prestigious award because of the extensive efforts the hotel has made towards energy-use reduction, sustainable initiatives and practices, as well as employee well-being.



A water catchment garden with plants native to Oahu is one of numerous award-winning sustainment initiatives at the Hale Koa Hotel.

Courtesy photo



Courtesy photo

Hale Koa Hotel General Manager Richard LeBrun (left) and HMSA Sharecare Vice President Craig Petty cut the ribbon celebrating the hotel’s achievement as the first hotel in Hawaii to be an approved Blue Zone worksite.

Among the many energy- and cost-saving steps the world-famous hotel took were efforts such as upgrading 75 high mast (high intensity discharge) lights in park areas; upgrading house lights and some guest room lighting to energy-saving light-emitting diode (or LED) lights; replacing laundry equipment with more energy efficient equipment for in-house laundry operations; and replacing some fit-

ness center equipment with cost- and energy-efficient equipment.

The Hale Koa also designed and implemented various sustainable and culturally appropriate horticultural practices that have both enhanced the property and minimized maintenance requirements. They also introduced a variety of native and culturally significant plants around the facility in places like the hotel’s Luau Garden.

The Hale Koa team had previously earned the “Blue Zone Certification” for its efforts in employee well-being, becoming the first hotel property and federal organization in Hawaii to be recognized as a Blue Zone worksite in conjunction with the Blue Zone Project, which is “designed to make it easier for people to live healthier lifestyles through changes to diet, environment, policies and social networks,” stated the Waikiki Improvement Association.

“We recognize that we are stewards of the resources that have been entrusted to us and take that responsibility very seriously, not only as a responsibility in deference to the present, but also as an inherent obligation to those in the future,” LeBrun said. “Honestly, it is such an honor for us to be recognized by leaders within our community here in Waikiki and across the state of Hawaii. We ... are steadfast in our commitment to doing what’s right.”

Police Call

Drunk driving is an avoidable offense

STAFF SGT. FABIAN DE JESUS JR.

Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Drive hammered; get slammed!

If you are planning to watch the exciting end to this 2017-2018 NFL season, or go out and have a couple of drinks with some friends, it is very important to have a designated driver. Not only can drinking and driving greatly affect your life, but it puts others in the vehicle and drivers on the roads lives in jeopardy.

Driving under the influence not only leads to great legal consequences, but can also affect an innocent driver on the road. Before you risk your own life, please think about the other people that you can be putting in danger.

Drinking irresponsibly can cause your entire life to come to a screeching halt. There are plenty of contingencies that can be put in place, but let’s first discuss the Hawaii Revised Statutes.

A statute states that a person commits the offense of operating a vehicle under the influence of an intoxicant, or OVUII, if the person operates or assumes actual physical control of a vehicle with a .08 or more grams of alcohol of breath or with .08 or more grams of alcohol of blood.

Besides the consequences of a first offense, you can hurt yourself and/or someone else. This could be detrimental to you and your family by taking your time and money as well as revoking your driver’s license for 365 days or more.

The horrors of operating a vehicle under the influence of an intoxicant could be avoided in so many ways. The Army embeds in our minds that we should

always have a plan, have a battle buddy with you when you go out and trust in your leadership. If all else fails, the Directorate of Emergency Services wants to take the time to talk about the Drunk Driving Prevention Program, or DDPP, which can ultimately save you, your families and other people’s lives.

This program includes a nonprofit organization run by Soldiers who volunteer their Fridays and Saturdays to come pick you up if you are too intoxicated.

How do I qualify for the DDPP?

The DDPP is available to DOD ID cardholders over the age of 21 every Friday and Saturday night from 8 p.m. until 6 a.m.

Is there anything more?

If a DOD ID cardholder is out with friends who are civilians, they may ride as passengers. For more details, visit the DDPP website at <http://www.ddpp.us>.

Other resources you can use to get a ride back home safely are Uber, Lyft or a local cab.

Trending crimes

In other news, in comparison to fiscal year 2016, fiscal year 2017 saw a 35 percent increase in OVUII offenses. About 68 percent of OVUIIs are committed off the installation, with the average offender age between 21 to 25.

As a prevention measure, it is stressed for Soldiers to feel empowered to intervene and take action to protect their battle buddies if they see a fellow Soldier at risk of making poor decisions due to alcohol.

(Editor’s note: De Jesus Jr. is the Operations NCO in the Law Enforcement Division at the Directorate of Emergency Services.)

Two receive bad conduct discharge

WHEELER ARMY AIRFIELD — The 25th Infantry Division conducted two courts-martial in December.

•Dec. 27, 2017, at a special court-martial convened, here, Pvt. Rafael A. Barreto, U.S. Army, was convicted by a military judge, pursuant to his pleas, of one specification of absence without leave, one specification of the wrongful use of marijuana, one specification of the wrongful use of cocaine and one specification of wrongful appropriation, in violation of Articles 86, 112a and 121 UCMJ.

The military judge sentenced the accused to be confined for 60 days and to be discharged from the service with a bad conduct discharge. A pretrial agreement had no effect on the sentence.

•Dec. 18, 2017, at a general court-martial convened, here, Sgt. Justin R. Corwin, U.S. Army, was convicted by a military judge, pursuant to his pleas, of one specification of assault consummated by battery in violation of Article 128, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E1, to be confined for 45 days and to be discharged from the service with a bad conduct discharge. A pretrial agreement had no effect on the sentence.

Q:

Why does the Hawaii Army Weekly publish courts-martial findings?

A:

The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Voices of Ohana

As we embark on the new year, we wondered,

What would you like to do by the end of 2018?

By U.S. Army Garrison-Hawaii Public Affairs



“(I) plan on re-classing for my MOS. (I’m) planning on making the Army a career. I’ve been doing this for a year and a half.”

Pfc. Jeremy Bengel
Combat engineer
95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC



“See my daughter. (It’s) been about four months.”

Pfc. Brian Capiello
Horizontal construction engineer
95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC



“One thing I’d like to do for 2018 is make sure I’m financially ready for my kid to come in, in May.”

Pfc. Nicholas Guzman
Combat engineer
95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC



“Get my Sapper tab” (by going to Sapper Leadership School).

Sgt. Jessie Henderson
Combat engineer
95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC



“Train for Sapper School. (I’m) trying to reach the rank of sergeant.”

SpC. Wade Mayes
Horizontal construction engineer
95th Eng. Co. (Clearance), 84th Eng. Bn., 130th Eng. Bde., 8th TSC

‘Broncos’ change responsibilities to CSM Spear

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers of the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, held a change of responsibility ceremony on Weyand Field, here, Jan. 5.

After two years as the Broncos senior enlisted adviser, Command Sgt. Maj. Alan E. Michaud, relinquished responsibility to Command Sgt. Maj. Michael J. Spear.

“Command Sgt. Maj. Michaud, you created the best noncommissioned officers that a brigade commander could want,” said Col. Robert Ryan, commander, 3rd BCT. “The embodiment of our noncommissioned officers – they are defined by excellence.

“The impact a sergeant major has on a force is everlasting,” Ryan continued. “Command Sgt. Maj. Michaud, your impact has made us all more ready from division to the fire team. You’ve truly been a professional and a role model for all to follow. Command Sgt. Maj. Michaud, thank you for your brilliant service. Well done.”

Michaud’s next position is with the 196th Inf. Bde. at Fort Shafter to become its senior enlisted adviser. During the ceremony, he shared a few words.

“Thanks for your support,” he said. “I’ve never been in a unit, in a long time, (where I’ve) felt this level of camaraderie and teamwork, until I got here. Things that we needed to fix. Things that needed some attention. We didn’t have to ask for a whole lot of help. All we had to do is help each other to get those things fixed, and I appreciate it.”

Spear, coming over from Bronco’s sister brigade, 2nd Inf. Bde. Combat Team, “Warriors,” 25th ID, had also been assigned to 3rd BCT’s 2nd Battalion, 27th Inf. Regiment and 2nd Bn., 35th Inf. Regt., earlier in his career.

“I’m humbled and privileged to assume responsibilities as command sergeant major of this great organization and serve alongside Soldiers and the families that carelessly devote their lives to being part of something greater than themselves day after day,” Spear said.

“Today is a homecoming for myself and my family,” he continued. “The Soldiers and families that comprise this outstanding organization have always been viewed as part of the Spear family. The grit, tenacity, drive and perseverance of the Bronco Brigade are well known across the Army. I’ve been privileged to see it on the field of battle firsthand, and I’m proud to be serving back amongst your ranks.”



Above — Command Sgt. Maj. Michael J. Spear (left) accepts responsibility as the new senior enlisted adviser for the 3rd BCT, 25th ID, at Weyand Field, Schofield Barracks, Jan. 5.



Left — Command Sgt. Maj. Alan E. Michaud (center), outgoing senior enlisted adviser, 3rd BCT, “Broncos,” 25th ID, receives a parting gift for his hard work and dedication to the Bronco Brigade at Schofield Barracks, Jan. 5. His commander, Col. Robert Ryan (right), reviews the award.

President signs order to improve mental health care

TERRI MOON CRONK
DOD News
Defense Media Activity

WASHINGTON — Transitioning service members and veterans can now receive up to a year of mental health care from the Veterans Affairs Department after discharge from the service, according to an executive order President Donald J. Trump signed Wednesday.

The order, “Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life,” directs the Defense, Veterans Affairs and Homeland Security departments to develop a joint action plan to ensure the 60 percent of new veterans who now do not qualify for enrollment in health care – primarily because of a lack of verified service connection related to the medical issue at hand – will receive treatment and access to services for mental health care for one year following their separation from service.

“We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental health care and services they need and deserve,” said Defense Secretary James N. Mattis.

“We want them to get the highest care and the care that they so richly deserve, and I’ve been working very hard on that with (VA Secretary David J. Shulkin) and with everybody. It’s something that is a top priority,” the president said. “We will not rest until all of America’s great veterans receive the care they’ve earned through their incredible service and sacrifice to our country.”

Shulkin noted that as service members transition to veteran status they face higher risk of suicide and mental health difficulties.

“During this critical phase, many transitioning service members may not qualify for enrollment in

health care,” he said. “The focus of this executive order is to coordinate federal assets to close that gap.”

Three-department approach

The three departments will work to expand mental health programs and other resources to new veterans in the year following departure from uniformed service, including eliminating prior time limits and the following:

- Expanding peer community outreach and group sessions in the VA Whole Health initiative from 18 Whole Health flagship facilities to all facilities. Whole Health includes wellness and establishing individual health goals.
- Extending DOD’s “Be There Peer Support Call and Outreach Center” services to provide peer support for veterans in the year following separation from uniformed service.
- Expanding the DOD’s Military OneSource, which offers resources to active duty members, to include services to separating service members to one year beyond service separation.

Serving their country

“The Department of Homeland Security is where many veterans find a second opportunity to serve their country – nearly 28 percent of our workforce has served in the armed forces, in addition to the 49,000 active duty members of the United States Coast Guard,” said Homeland Security Secretary Kirstjen M. Nielsen.

“This critically important executive order will provide our service members with the support they need as they transition to civilian life,” she added. “These dedicated men and women have put their lives on the line to protect our nation and our American way



U.S. Air Force photo by Airman 1st Class Juan Torres
President Donald J. Trump addresses service members during a Troop Talk, Nov. 5, 2017, at Yokota Air Base, Japan. During his talk, Trump highlights the importance of the U.S.-Japan alliance in the Indo-Asia Pacific region.

of life, and we owe them a debt we can never repay. We look forward to working with the VA and DOD to implement the president’s (executive order).”

In signing this executive order, Shulkin said, the president has provided “clear guidance to further ensure our veterans and their families know that we are focusing on ways to improve their ability to move forward and achieve their goals in life after service.”

Schofield Tax Center will not be open in 2018

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — There will be no Schofield Barracks Tax Center this year.

U.S. Army Garrison-Hawaii decided to forgo the free service after determining that the number of free or low-cost do-it-yourself tax sites available to service members, retirees and families outweighed the cost of having Soldiers, who are essential to the Army’s manpower and readiness mission, run the center as volunteers.

“Due to the increased operation tempo that we’re in, it’s become very difficult to find a commander who is willing to let us borrow three or four Soldiers (for the tax center),” said Verndal C.F. Lee, chief of the Schofield Barracks Legal Assistance and Claims Office. “And we would need 30 Soldiers.”

He added that other Army installations are facing similar challenges, with fewer making allowances for “borrowed military manpower,” or special duty military personnel performing work outside their military scope.

“We’re at the forefront and being proactive by doing this now,” Lee added.

He pointed out that while the Schofield Barracks Tax Center provided outstanding customer service in previous years – last year, its 31 Soldiers helped approximately 1,000 clients save an estimated \$31 million in refunds, with the average refund being \$3,427 – changing times have made doing taxes easy even without one-on-one help from tax specialists.

“A lot of tax software break things down step by step,” he said. “If you have access to a computer and wear a uniform, you shouldn’t have a problem getting your taxes done.”

More resources

The USAG-HI’s Installation and Client Services website has answers to service members’ frequently asked tax questions (under the Tax Center tab), including those on combat pay, claiming dependents, casualty income taxes, state tax domicile and the Servicemembers Civil Relief Act, among other things.

Those who have more complicated legal questions related to their taxes that are not answered on the website may call the Schofield Barracks Legal Assistance and Claims Office to schedule an appointment for a consultation.

Other resources for those seeking tax assistance include the IRS’s Volunteer Income Tax Assistance (VITA) program, which offers free services to those who generally make less than \$54,000 a year, those with disabilities and those who speak limited English.

The IRS’s Tax Counseling for the Elderly (TCE) offers free tax help for all taxpayers, particularly those over the age of 60, and specializes in questions about pensions and retirement-related issues.

Beginning Jan. 20, Military OneSource will begin offering its free tax services for military personnel and families, including its MilTax software, which allows users to file online. The software is tailored to the military community and addresses permanent change of station moves, deployments and more. It includes specialized phone support. Military OneSource is a Department of Defense program.

Finally, the *Hawaii Army Weekly* will be publishing additional tax-related articles in its upcoming issues, including a State Tax Domicile article on Jan. 26 and a Military Spouses Residency Relief Act article on Feb. 2.

Filing deadline

Tax season begins on Jan. 29, when the

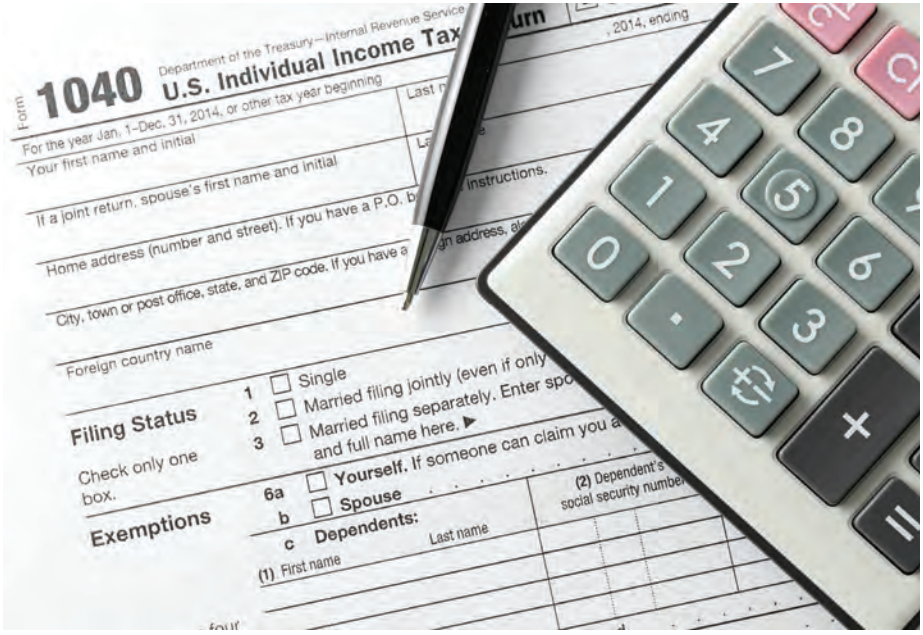


Photo courtesy of Internal Revenue Service

Changing times have made doing taxes easy even without one-on-one help from tax specialists. The IRS’s TCE and VITA services offer free services to retirees and those who generally make less than \$54,000 a year.

Points of Contact

- For tax-related legal assistance, call the Schofield Barracks Legal Assistance and Claims Office at (808) 655-8607.
- Visit USAG-HI Installation Client Services at <https://www.garrison.hawaii.army.mil/legal/>.
 - Visit IRS’s free tax programs at <https://www.irs.gov/individuals/free-tax-return-preparation-for-you-by-volunteers>.
 - Visit Military OneSource’s free tax services at www.militaryonesource.mil/-/miltax-free-tax-services-from-military-onesource

IRS begins accepting 2017 tax returns. The deadline to file tax returns is April 17, 2018.

April 15, the customary deadline, falls on a Sunday. April 16 is recognized as

Emancipation Day in Washington, D.C., and by law, any holiday observed in the District of Columbia is treated as a nationwide holiday for tax filing purposes, according to the IRS.

USACE, DPW deliver new hangar lighting to 25th CAB

SANTIAGO HERNANDEZ
Energy Conservation Manager
Directorate of Public Works
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Christmas came early for 25th Combat Aviation Brigade, 25th Infantry Division Soldiers working in Hangar 112, here.

The U.S. Army Corps of Engineers (USACE) and the Directorate of Public Works (DPW) were implementing an Energy Savings Performance Contract (ESPC) throughout U.S. Army Garrison-Hawaii sites. The team worked closely with the installing contractor to complete the hangar light-emitting diode (LED) lighting upgrade project ahead of schedule. The installation provides better support for CAB training and future missions.

DPW estimated the contractual savings to be \$26,000 per year by improving overall lighting, increasing operational capacity and reducing maintenance costs.

“An Energy Savings Performance Contract is a contracting vehicle that allows agencies to accomplish energy savings projects for their facilities without up-front capital costs and without special Congressional appropriations to pay for the improvements,” according to the Huntsville U.S. Army Engineering and Support Center. “In ESPC, contractors provide their own funding for projects and are paid back from savings resulting from the contractor’s actions.”

The installation of energy conservation measures started January 2017 and will continue until July 2018. The work will include the installation of building automa-



Photo by Casey Hiraiwa, Directorate of Public Works, U.S. Army Garrison-Hawaii Energy Manager

B Troop, 2nd Squadron, 6th Cavalry Regiment, 25th CAB, 25th ID, can fully see its AH-64 helicopter in Hangar 112 at Wheeler after new LED lighting is installed.

tion components and systems at 15 buildings, HVAC improvements in three Soldier barracks, retrofits of over 36,000 lights in 88 buildings, new weather-stripping and door sweeps in 27 buildings, solar hot water systems for 16 buildings, low-flow plumbing fixtures in 15 buildings, and the installation of 124 energy-efficient transformers across 39 buildings.

Overall, it is estimated that the implementation of these energy conservation

measures will save USAG-HI over \$3 million in annual energy costs and help reduce carbon emissions over the next 23 years.

Additionally, DPW will receive training, maintenance and repair support from the contractor on select components, thus reducing DPW’s workload and allowing it the opportunity to focus on other much-needed public work projects.

The 25th CAB Soldiers working in Han-

Point of Contact

- A strong energy conservation program starts with everyone assuming conservation responsibility; it is the right thing to do. If you need to use it, do so, but if not, shut it off.
- Soldiers and civilians are encouraged to call in DPW service orders at (808) 656-1275.
- Email your request to usarmy.wheeler.id-pacific.list.dpw-demand-maintenance-orders@mail.mil.

gar 112 greatly appreciate the new lighting upgrade.

“Our previous lighting system wasn’t the best,” said Spc. Juan Nieves, an AH-64 Apache helicopter mechanic in B Troop, 2nd Squadron, 6th Cavalry Regiment, 25th CAB.

“It was hard to work in the hangar at nighttime; however, now we have the advantage of working 24-hour shifts under safer conditions. During our night-shift, it almost seems as if we are working during daylight hours,” the two-year veteran added.

The ESPC project is an important element in helping USAG-HI reduce water and energy consumption; however, it will not work by itself. Sensors will eventually malfunction, weather-stripping will undoubtedly deteriorate and low-flow water fixtures do no good if left unnecessarily on. Therefore, if something is broken, personnel must call it in.

Exchange teams up to provide Olympic streaming

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS and STAMFORD, Connecticut — The Army & Air Force Exchange Service and NBC Olympics have said that U.S. service members worldwide would again be able to watch Olympic streaming coverage from their desktop and personal devices when NBCUniversal presents the XXIII Olympic Winter Games from PyeongChang, South Korea, in February 2018.

This benefit is provided to current U.S. military service members, including Navy, Army, Air Force, Marines and Coast Guard, including active duty, Guard, Reserve and honorably discharged veterans by Comcast NBCUniversal, and in partnership with your local Cable, Satellite, dMVPD and Telco providers.

NBC Olympics will produce more than 1,800 hours of streaming coverage as more than 2,800 athletes from 90 countries compete in 102 medal events from Feb. 7-25.

“We’re excited to partner once again with Comcast NBCUniversal to bring the Olympics into the living rooms or bar-



Courtesy photos

racks of service members and their families all over the world,” said Tom Shull, director/CEO of the Exchange. “Let the Games begin!”

Service members can access Olympics coverage from their computers or personal devices by visiting NBCOlympics.com or the NBC Sports app and choosing the Exchange as their service provider. Due to content rights restrictions, an active ShopMyExchange.com account will be required to verify eligibility. Content rights restrictions will also apply to some outside continental United States (OCONUS) locations.



“We’re excited to continue this creative partnership between the Exchange and Comcast NBCUniversal to deliver the Olympics to the U.S. military community around the globe,” said retired Army Brig. Gen. Carol Eggert, senior vice president of Military and Veteran Affairs at Comcast NBCUniversal. “The traits of Olympic athletes – determination, teamwork, perseverance – are shared by our service members, and it is a privilege for Comcast NBCUniversal to bring this landmark event to those who serve our nation.”

Through a similar partnership between the Army & Air Force Exchange Service and Comcast NBCUniversal in 2016, the Rio Olympics were the first that U.S. service members were able to live stream Olympic coverage.

2018 Olympics
NBC's primetime coverage of the 2018 PyeongChang Olympics begins Thursday, Feb. 8.

News BRIEFS

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

12 / Friday
CFC — Make a donation to your favorite cause or charity at the Combined Federal Campaign today. Go to www.CFC-Hawaii.org and donate. Be guided by these changes:

- Donations are by e-check or online donations.
- When donating online, provide your confirmation with amount for tracking purposes (unless you prefer to be anonymous).

BAH — The Department of Defense has released that 2018 Basic Allowance for Housing rates have increased an average of 0.7 percent. The new rates took effect on Jan. 1. For more details on BAH, visit www.defensetravel.dod.mil/site/bah.cfm. Service members can calculate the BAH payment by using the BAH calculator at www.defensetravel.dod.mil/site/bahCalc.cfm.

Mumps — During the past 10 months, hundreds of cases of mumps have been confirmed throughout the state of Hawaii. What is mumps? It’s a contagious disease

BLOOD DRIVE
SCHOFIELD Health Clinic
16 JANUARY
0800-1200
2nd Floor, Building #673
ASBP
Army & Air Force Exchange Service
Tripler Army Medical Center 432-8348

WWW.MILITARYBLOOD.DOD.MIL

SCHOFIELD BARRACKS — January is National Blood Donor Month, and all blood donations will support Tripler Army Medical Center, deployed service members, their families and military missions. Donate if you can.

caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness and loss of appetite, followed by swollen salivary glands. It is easily spread through coughing, sneezing, sharing cups or utensils, and by touching objects handled by infected individuals.

The U.S. Army Health Clinic-Schofield Barracks is ready to provide free MMR (measles, mumps, rubella) booster shots to help keep you vaccinated against the outbreak. Just walk in to the Immunization clinic during normal clinic hours.

Learn more about mumps at <https://www.cdc.gov/mumps/outbreaks/outbreak-patient-qa.html>.

16 / Tuesday
Blood Drive — January is National Blood Donor Month, and the U.S. Army Health Clinic-Scho-

field Barracks is hosting a blood drive on Tuesday, Jan. 16, from 8 a.m. to noon, 2nd Floor, Bldg. 673.

All donations will directly support Tripler Army Medical Center, deployed service members, military missions and their families.

Special T-shirts will be given to everyone who donates.

A few basic requirements must be met:

- Have not donated blood previously within the last eight weeks.
- Weigh at least 110 pounds.
- Have been feeling well for at least three days prior to donating.
- Be well hydrated and have eaten something prior to donating.
- Have a picture ID and know when/where you have traveled.
- Be able to list the types of medications currently being taken.

Dental Clinic — The Dental Health Activity-Hawaii says Tripler Dental Clinic is moving to Bldg. 339 on Montgomery Road, Fort Shafter. Effective Jan. 16, all dental care will be located at the new Shafter dental clinic; however, the OMFS clinic will remain at Tripler.

Directions to new clinic: Travel south on Pierce Road, past the PX on Fort Shafter. Turn right on Montgomery Drive. The clinic and parking lot will be on the left.

Ongoing

TSP — Federal employees who participate in the Thrift Savings Plan and who will turn age 50 during the year are eligible to make TSP catch-up contributions – supplemental tax-deferred contributions that employees age 50 or older (or turning age 50 during the calendar year) can make to the TSP beyond the maximum amount they can contribute through regular contributions. Visit the TSP at www.tsp.gov/ for more details.

Human Trafficking — January is the national observance month for Human Trafficking Prevention. What is it? It’s a crime where force, fraud or coercion is used to compel a person to perform labor and services. It affects all populations and ages. Help prevent this crime. Learn more online at www.defense.ctip.gov/.

Traffic & Outages

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

Ongoing

Trimble Road — Lane closures are being extended due to weather delays; therefore, a 24-hour lane closure will occur at Schofield’s Trimble Road between Cadet Sheridan and Hewitt for pavement repairs. The road closures will be in through Jan. 19.

Also, a 24-hour single lane closure and traffic detours will occur on Hewitt, McCornack and Cadet Sheridan. This project schedule is subject to change pending additional weather delays.

Wright Avenue — Partial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Elleman and Eastman roads and Langley Loop and Eastman roads for curb inlet repairs. The partial lane closures run through Feb. 2, from 8 a.m.-4:30 p.m., Monday-Friday.

Chanute Road — A partial road closure has occurred on Wheeler’s Chanute Road, near Bldg. 107. Right shoulder lane work will continue on Wright Av-

enue in front of Bldg. 106 for utility installation through Feb. 6, from 8 a.m. to 3 p.m., Monday-Saturday. The work will be performed in four phases.

McCornack Road — There will be a parallel parking stall closure along McCornack Road near Bldgs. 660, 678 and 676 during crane erection of the new clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have appropriate signs.

Revised Traffic Codes — The Military Police have begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes. The most significant change is the expansion of traffic offenses that incur monetary fines.

Offenses such as seat belt violations, illegal parking and cell phone usage/texting while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation or a suspension of driving privileges on the installation.

The revised traffic codes apply to all Soldiers, civilians, family members, contractors and other personnel who work on, reside on or visit any U.S. Army installation, facility or work site in the state of Hawaii. To review the new Traffic Code in its entirety, go to the Garrison Policies tab on the U.S. Army Garrison-Hawaii website at www.garrison.hawaii.army.mil.



HAWAII **ARMY** WEEKLY

www.hawaiiarmyweekly.com

PAU HANA

"When work is finished."

January 12, 2018

Nathaniel Beckstrom (center), an Arrow of Light Cub Scout from Pack 166 on Schofield Barracks, is helped across a rope line by Spc. Johnnie Marquez (right) and Pvt. John Momberger (left), Soldiers from 2-14th Cav. Regt., 2nd IBCT, 25th ID, during Schofield Days.

Cub Scouts join 2-14th Cav. Scouts for a day of fun



Dante Dunkleberger, a Bear Scout from Pack 166, crosses a ditch on a rope line during Schofield Days.

Story and photos by
**STAFF SGT.
DAVID BECKSTROM**
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — During the holidays, Cub Scouts from across Oahu participated in Schofield Days, here, Dec. 27-28.

Soldiers, from 2nd Squadron, 14th Cavalry Regiment, 2nd Infantry Brigade Combat Team, 25th Infantry Division helped the kids experience what it's like to be a Cavalry Scout.

"We showed them what it takes to be a Cavalry Scout and taught them how we protect our nation," said 1st Lt. Adam Irons, the officer in charge of the event and a Soldier with Headquarters and Headquarters Company, 2-14th Cav. "We also showed them the ways we are different and the same as them. I hope the kids learned something new and had a good time."

During the event, the Cub Scouts used military movement techniques, such as the high and low crawl. They learned about Humvees, weapons and wilderness survival and crossed a ditch by rope line, set up radios and were decked out in body armor and face paint camouflage.

"My favorite part about the day was when we set up the radios and pretended to be restaurant workers talking to people taking orders," said Dante Dunkleberger, a Bear Scout from Pack 166 on Schofield Barracks. "Being able to play Army with my friends and dad was really cool."

This event was even more special for service members who had Cub Scouts participating in the event.

"The lessons taught during this event are things that I do on a daily basis. Being able to share them with my son helped strengthen the bond we have," said Staff Sgt. Steven Dunkleberger, a squad leader with 1st Battalion, 21st Inf. Regt., 2nd IBCT, 25th ID. "Being in the military, I have had to be away from my family for training and deployments, so events like these where we can get that father/son bonding time is a cherished time for us."



Spc. Devin Bettencourt, an assistant gunner with C Troop, 2-14th Cav. Regt., applies camouflage face paint to Dante Dunkleberger, a Bear Scout from Pack 166.

More Online

For more details on Boy Scouts of America in Hawaii, call the local office at (808) 595-6366 or go to www.ScoutingHawaii.org.

Outreach


The military has several community relations and outreach programs, such as this to build a sense of community and to build a better future, said Irons.

The 2-14th Cav. wants to continue to inspire kids to be even greater than they already are.

"The Aloha Council has been working with the military in Hawaii from several decades and are honored to be partnered with them for events like this," said Christi Wetzel, an area leadership executive with the Aloha Council of the Boy Scouts of America. "We look forward to many more years of partnership and mentoring the leaders of tomorrow."



Cub Scouts from across Oahu low crawl through a mud pit during Schofield Days on Schofield Barracks.



Briefs

12 / Friday

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

EFMP Sensory Movie Night — Monthly movie night held at SB Sgt. Smith Theater at 7 p.m. for individuals and families enrolled in EFMP. Call 655-4227.

Soul Food Buffet — Held at FS Hale Ikena from 11 a.m.-2 p.m. Enjoy fried chicken, ribs, pan-fried catfish, collards and much more for \$14.95. Call 438-1974.

ACT registration — Deadline for Feb. 10 test. Apply online at <http://act.org>.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

15 / Monday

Martin Luther King Jr. Day — All public schools are closed.

16 / Tuesday

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

Toon Time Matinee — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call 655-4227.

Informal FRG Funds Custodian Training — Held at Nehelani from 9 a.m.-noon for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. It also clearly defines the roles and responsibilities of the funds custodian and alternate. Call 655-4227.

17 / Wednesday

Preschool Story Time — Enjoy stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

SGT. SMITH THEATER FREE ADMISSION



Courtesy photo

SCHOFIELD BARRACKS — Attend the studio appreciation, advance screening of “12 Strong,” at the Sgt. Smith Theater, on Saturday, Jan. 13, at 4 p.m. Admission is free to military personnel and their families; however, get your tickets at the Exchange food court at Charlies, Baskin Robbins, Burger King or Boston Market. The theater opens at 3 p.m.

18 / Thursday

Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

Your Credit Report and Score — Held at SB ACS from 10-11:30 a.m. Learn how to increase your credit score and understand what lenders look for. Copy of your credit report required. Call 655-4227.

19 / Friday

Using LinkedIn and Social Media to Net a Job — Build your network by utilizing social media and develop your LinkedIn profile at SB SFAC from 11:30 a.m.-1 p.m. Call 655-4227.

It Takes Two (For Couples) — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Steakhouse Day — Enjoy the Grand Buffet plus a fresh grill to plate steak at FS Hale Ikena from 11 a.m.-2 p.m. Call 438-1974.

20 / Saturday

Boot Camp Training for New Parents — Class for first-time/expecting parents at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

Kayak Surfing — Experience the south shores of Oahu with SB ODR recreation from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. All you need to bring is some water and snacks. Must be able to swim or tread water for at least 6 minutes without a personal floatation device. Call 655-0143.

22 / Monday

Stress Solutions — Held from noon-1 p.m. and identifies the causes of stress as well as how it affects our lives. We share techniques such as positive self-talk and how to not take things personally. We also introduce a variety of relaxation techniques. Call SB ACS at 655-4227.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education.

tion. Call 655-4227 to register.

23 / Tuesday

10 Steps to a Federal Job — Held at SB SFAC from 1-4 p.m. Walk through the steps to create an effective targeted federal resume and successfully manage the application process. To sign up, call 655-4227.

24 / Wednesday

Sock Penguin — Library event is held at FS at 3:30 p.m. Call 438-9521.

Knitting for Beginners — Learn the basics of knitting at SB library from 3-4 p.m. Supplies are limited; call 655-8002.

25 / Thursday

FRG Key Contact Training — Designed to provide training in key contact duties, communicating with family members, dispelling rumors, handling crisis calls and shows key contacts how they fit into a successful FRG, 5-8 p.m., at SB SFAC, Bldg. 690. Call 655-4227.

Basic Investing & TSP — The best time to start investing is now! Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds at SB ACS, Bldg. 590, from 10-11:30 a.m. Call 655-4227.

26 / Friday

Family Support Night — Join other surviving families from 6-8 p.m. at the SB SOS Center. Dinner will be served. Activities available for all ages. Call 655-4227.

Green Card Workshop — Learn how to navigate the complex immigration system to apply for a green card at SB ACS, Bldg 690, from 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB ACS, Bldg. 690, from 12:30-2 p.m. Determine if you have met the permanent resident requirements of the U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from 12-1 p.m. Call 655-4227 to register.

Hawaiian Buffet — Held at FS Hale Ikena from 11 a.m.-2 p.m.

Leilehua Concert Series — Enjoy live music featuring Heavy Weights from 6-8 p.m. at The Grill at Leilehua Golf Course. No cover charge. Call 655-4653.



community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

12 / Friday

Sony Open — Pasha Hawaii is hosting the Birdies for the Brave Patriots’ Outpost at the Sony Open at the Waialae Country Club. This hospitality tent, located on the 18th fairway, will be open for free admission to active duty and retired military, veterans, reservists and their families who present a valid military ID, from Jan. 11-14. Complimentary food and beverages will be provided. For more details, visit www.sonyopenhawaii.com.

Hawaii Bridal Expo — Blaisdell Exhibition Hall hosts from 5:30-10 p.m.; also Saturday and Sunday, 10:30 a.m.-4 p.m. Tickets are \$10.

13 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open to DOD ID cardholders and their guests for hiking this weekend from 5:30 a.m. to 6:30 p.m. Call 655-1434 if you have problems with gate access.

Baby Expo — TAMC is hosting a free Baby Expo from 10

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

a.m.-2 p.m. on Saturday, Jan. 13. All current and expecting military families and their children are welcome to attend. TAMC will have vendors, children’s activities, food and prizes.

The New Shanghai Circus — Fearless performers with boundless energy and amazing skills perform new interpretations to traditional Chinese circus arts, Saturday and Sunday, at the Blaisdell Concert Hall, with 4:30 and 7:30 p.m. shows each day. Visit www.ticketmaster.com.

Diana Ross in Concert — Endless Memories Tour show tickets range from \$45.50 to \$255.50 at the Neal Blaisdell Arena for the one-night show for the international superstar. Tickets at www.ticketmaster.com.

15 / Monday

Dr. Martin Luther King Jr. Day Parade — This Waikiki parade is expected to have 2,000 marchers, 100 vehicles, 20 floats and 6 bands; 9 a.m.-noon, starting at Ala Moana Park, to Ala Moana Blvd., to Kalakaua Ave., to Monsarrat Ave., ending at Waikiki Shell parking lot in Queen Kapiolani Park. Lane closures start at 8 a.m.

20 / Saturday

Mike Tyson — Former heavyweight boxing champion

bare his soul with a two-hour performance/confessional at the Blaisdell Concert Hall, 8 p.m., with his “Undisputed Truth, Part 2” show. Tickets \$45-\$150. For VIP or ticket information, call 808-200-4339 or 808-306-2926.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

21 / Sunday

Family Sunday — Since 2004, Bank of Hawaii has made it possible for the Honolulu Museum of Art to open its doors, 10 a.m.-4:30 p.m., to the public, free of charge, on the third Sunday of every month. The day offers a program of art activities, entertainment and film focused on an exhibition or art principle. Visit http://honolulu.museum.org/5276-about_bank_hawaii_family_sunday.

26 / Friday

BIA Home Building & Remodeling Show — Three-day expo begins Friday at 5 p.m. at the Blaisdell Exhibition Hall; it’s a must for homeowners with contractors. Seminars throughout the weekend. Visit biahawaii.org/the-big-show for discount admission coupons.

org/the-big-show for discount admission coupons.

27 / Saturday

Sanctuary Ocean Count — The 2018 Sanctuary Ocean Count will be held Jan. 27, Feb. 24 and March 31, 8 a.m.-12:15 p.m., offering the community a chance to monitor humpback whales from approximately 60 sites along the shores of Oahu, Hawaii and Kauai during peak whale watching season. For more details, visit www.sanctuaryoceancount.org/about/.


31 / Wednesday

Work Force Career Fair — Find a job at the Blaisdell Exhibition Hall, 10 a.m.-3 p.m., Hawaii Suites 1-12, Pikake Room. Admission is \$3. Discount is \$1 students through college with ID; seniors 55+; military with ID. Children 13 years & under are free. Cash only. For more details, visit www.blaisdellcenter.com.

Ongoing

TheBus — Oahu bus service now features one-day passes, good for up to 27 hours of unlimited use, for \$5 adults and \$2.50 youths, and \$2 for eligible disabled, seniors, and U.S. Medicare and TheHandi-Van cardholders. Limited to cash-paying passengers and replaces the

Continues on B-4




Despicable Me 3 (PG)

Friday, Jan. 12, 7 p.m.

12 Strong (R)

Studio Appreciation Advance Screening Free Admission. Tickets available at Exchange Food Court.

Saturday, Jan. 13, 4 p.m.



Ferdinand (PG)

Sunday, Jan. 14, 4 p.m.

Closed Monday through Thursday.

Increased cases of mumps creates concern

SGT. 1ST CLASS MICHAEL BEHLIN
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Over the past year, the state of Hawaii has seen an increasing amount of cases involving mumps infection statewide.

The Hawaii State Department of Health has confirmed the disease in both children and adults, both vaccinated and unvaccinated.

For those unfamiliar, the mumps is a contagious disease caused by a virus, easily spread through the saliva or mucus of the mouth, nose and throat. The most common symptom is swelling of the salivary glands under the ears, causing the jaw to be tender and swollen.

Additional symptoms include fever, headache, muscle aches, loss of appetite and fatigue. Those affected may start to experience symptoms 16-18 days after infection with the virus.

Recognition
“If you are diagnosed with mumps ... some have mild to no symptoms and most recover in a few weeks. Treatment is symptomatic, with the individual encouraged to drink plenty of fluids and take over-the-counter pain medications as needed for symptoms such as headaches and body aches,” said Lt. Col. Matthew V. Fargo, the 8th Theater Sustainment Command’s command surgeon.

“Individuals who are unable to drink fluids, or who

have severe headaches and significant neck stiffness, should go to the ER for additional follow-up.”

According to Fargo, all service members are currently being screened for their mumps immunization status, with a strong recommendation to get a booster immunization for adults ages 18-60, if they have less than three total mumps vaccinations. Dependents ages 10-59 can also see their primary care manager to see if a booster shot is recommended.

At risk
In general, persons with at least one of the following may be considered at lowest risk for contacting mumps:


- Adults born before 1957.
- Persons who have written documentation of 3 mumps vaccinations.

“The most important treatment is prevention,” Fargo explained.

More Online

For more information on mumps, visit the State of Hawaii, Department of Health Disease Outbreak Control Division at http://health.hawaii.gov/docd/disease_listing/mumps/.

Visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/mumps/outbreaks.html>.



DON'T GET MUMPS

HAWAII OUTBREAK CONTINUES

Are you protected?

IF YOU ARE BETWEEN THE AGES OF 10-59 AND DO NOT HAVE 3 TOTAL LIFETIME DOSES OF MMR (MEASLES, MUMPS, RUBELLA) VACCINE, TALK TO YOUR DOCTOR ABOUT RECEIVING AN OUTBREAK MMR BOOSTER VACCINE

Hawaii Department of Health Mumps Webpage:
<http://health.hawaii.gov/docd/departement-of-health-investigating-mumps-cases/>

OUTBREAK ON OAHU:
- as of Dec 21st, over 700 cases and 6 confirmed Active Duty cases

MUMPS SYMPTOMS:
- Fever
- Headache
- Swollen / tender salivary glands (jaw)
- Can cause deafness, infertility, meningitis

MORE INFO:
Contact your assigned primary care provider
Tripler Appointment Line: (808) 433-2778

**note: the MMR is a live vaccine and should not be given to women who are pregnant or persons who are immunosuppressed*

IPC, Garrison receive National Night Out award



Photo courtesy of Island Palm Communities

A parade of super heroes kicks off annual National Night Out events at USAG-HI this past fall. Local NNO events once again earn national recognition.

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Island Palm Communities, Lend Lease’s privatized housing community located at U.S. Army Garrison-Hawaii, was recently recognized as a National Night Out award winner in the Military category.

Received in partnership with the Garrison, IPC is one of four Lend Lease housing communities to have received an NNO award presented by the National Association of Town Watch.

Hundreds of families came out for IPC’s annual National Night Out events, which are part of a nationwide celebration geared toward heightening crime

prevention awareness and strengthening the neighborhood spirit and police-community partnerships. Demonstrations and information were shared by several military and community agencies, including the Federal Fire Department, Military Police and K-9 Unit.

National Night Out enhances the relationship between neighbors and law enforcement and provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all 50 states, U.S. territories and military bases worldwide annually.

Will promises to military spouses become policy in 2018?

There is a seldom-opened drawer in our file cabinet that contains the only tangible evidence of my legal career. The musty hanging folders have labels such as “Resumes,” “Licensing” and “Writing Samples.”

Even though none of these documents have been used since I had to stop working as a litigation attorney in the late 90s to move overseas with my Navy husband, I refuse to throw them away.

I tell myself that I need the files in case a career opportunity presents itself. But I know I’m really just keeping the yellowed pages stained with rust spots from ancient staples as proof that I once did more than make sandwiches and clean toilets.

Career killer
Like many military spouses, moving every few years had killed my career. I eventually found work as a writer to accommodate our mobile military lifestyle. But frankly, I’m disappointed that I wasn’t able to adequately utilize the law degree that took three years and more than \$90,000 in student loans to earn, and the Pennsylvania law license that required countless hours of bar exam studying to acquire.

Although I’m proud of having put my earning potential aside, so my husband could serve his country, I regret that military life often requires spouses to sacrifice good employment and educational opportunities.

The most recent Blue Star Military Family Lifestyle Survey shows that 47 percent of military spouses with children under 18 earn an income, while two-thirds of their civilian counterparts are employed. Of those military spouses who are employed, over half earn less than 20K and one-third earn less than 10K. Adding to employ-



ment challenges, two-thirds of military families report that finding child care is a consistent problem.

The drastic drawdown of military forces, combined with increased optempo, has meant that active duty members deploy more often and for longer periods. Spouses are understandably worried about employment issues, the impact of military life on their children and the cohesion of their families.

Not surprisingly, the survey indicates that nearly a quarter of military spouses have been diagnosed with depression, a rate 50 percent higher than the national average.

But it was the following survey result that got the attention of the Department of Defense: For the third year in a row, military families are less likely to recommend military service to their children. With an all-volunteer force that comes primarily from military families, this is a major concern.

New policies
This fact could be why the Pentagon is finally considering new policies for 2018. Robert Wilkie, a military brat and veteran, was recently appointed to the office of Undersecretary of Defense for Personnel and Readiness,

a position that has been neglected in recent years.

In a Dec. 27, 2017, interview with the *Fayetteville Observer*, Wilkie said that the Pentagon is considering allowing military families to stay put for longer than two or three years. He criticized the current system that makes constant movement a hallmark of military life and recognized that it limits the careers of military spouses.

“It was built at a time when less than 10 percent of the military had families,” Wilkie said. “Today, 70 percent have families. ... If the families aren’t happy, the Soldier walks.”

The 2018 National Defense Authorization Act (or NDAA) aims to ease the burdens on military families. Signed Dec. 12, 2017, the NDAA promises the highest military pay raise since 2010; a rebate of up to \$500 for military spouses who apply for new employment licenses after a permanent change of station, or PCS move; appointment of quality child care providers when needed; a new policy allowing military families to move before or after service members change duty stations to accommodate school and work schedules; and 20,300 more troops to ease deployment demands.

Sounds great, but when will this become policy? Trump may have signed the new \$700 billion NDAA, but it won’t take effect until Congress passes an appropriation bill to fund it. In the meantime, as sequestration looms, the 2017 budget has been extended until Jan. 19th.

The old resumes in my file cabinet may never see the light, but this week, I hope Congress will follow through on its promise to make life better for military spouses this New Year.

(For more Molinari thoughts and insights, visit www.themeatandpotatoesoflife.com.)

Science and faith are not incompatible

CHAPLAIN (CAPT.) CHRIS YEARGIN
Battalion Chaplain
30th Signal Brigade
30th Signal Command (Theater)

WHEELER ARMY AIRFIELD — Matthew Fontaine Maury is a little known figure in American history. For those who may not have heard of him, or those who do remember learning about him, his claim to historical fame is that he is the father of oceanography. In 1855, he published *The Physical Geography of the Sea*, which is now credited as “the first textbook of modern oceanography.” The most remarkable aspect of Maury’s finding the ocean waves is that he was first clued into the idea while reading his Bible. In Psalm 8:8, it says “The birds of the air and the fish of the sea that pass through the paths of the seas.”

Modern answers

In the June 1989 issue of *Answers* magazine, which is a Bible-affirming, creation-based magazine, there was an article on Maury with the following information:

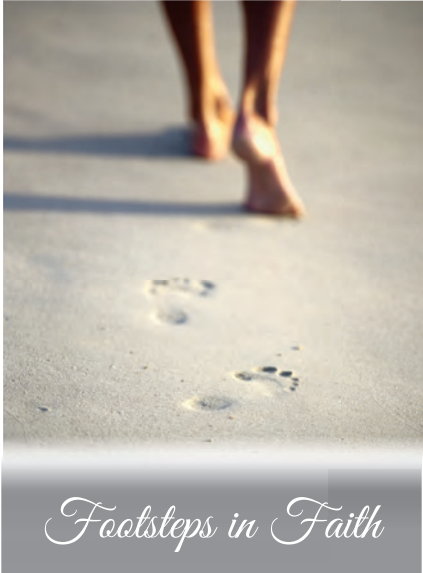
Maury determined that if God’s Word



Yeargin

said there were “paths” in the seas, then there must be paths. So he set out to find them. He studied old ships’ logs. From these, he compiled charts of ocean-wind and sea currents. To study the speed and direction of the ocean currents, Maury set adrift weighted bottles known as “drift bottles.” These floated slightly below the surface of the water, and thus were not affected by wind. Instructions were sealed in each bottle directing anyone who found one washed ashore to return it. From the location and date on which the bottles were found, Maury was able to develop his charts of the ocean currents – the “paths” of the seas – which greatly aided the science of marine navigation. In 1855, Maury wrote the first textbook on modern oceanography, *The Physical Geography of the Sea and Its Meteorology*. In this work, Maury presented oceanography from a delightfully Christian view. He included Biblical passages of meteorological and other scientific importance, such as the Scripture quote from the book of Job 28:25, which refers to God’s making “the weight for the winds.”

Maury was a great scientist and



made an important discovery that impacted and influenced man’s ability to travel on the sea. But what textbooks and history will often fail to mention, or “conveniently leave out,” is Maury’s faith and the credit that God’s word deserves for the discovery. The Bible and science are not at odds, God is responsible for both! While the Bible is not a scientific textbook, it has led scientists to many great discoveries. Spending time in the Word of God benefits not only those who read it, but spending time in it benefits others as well – just as in the case of Matthew Fontaine Maury.

community
Calendar

CONTINUED FROM B-2

need for transfers. Contact TheBus Information line at (808) 848-5555 or visit www.thebus.org. **Drunk Driving Prevention Program-Oahu** — You can avoid impaired driving! DDPP will drive you home completely free of charge, and, if you’d like, the DDPP will also drive your car home

for free. DDPP’s Hawaii chapter (with volunteers from Schofield Barracks) are taking pickups and more volunteers. Call 888-7407 or visit ddpp.us. **Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Mondays-Fridays. Call 624-5645. **Jewish Services** — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No

Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com. **ASYMCA** — The Armed Services YMCA of WAAF needs your help. Would you donate non-expired food to its pantry? It’s located at 1262 Santos Dumont Ave. on Wheeler. Call 624-5645

for more details. Visit www.asymcahi.org. **Scholarship** — Army ROTC Study.com offers a \$500 scholarship for the coming year. Apply by April 1, 2018, at <http://study.com/pages/Army ROTC Scholarship.html>. **Family Fishing** — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USAR-HAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC
-11 a.m. at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic
•Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship
•Sunday Services
-9 a.m. at MPC (Contemporary)
-9 a.m. at FD
-9 a.m. at TAMC
-10 a.m. at HMR (Contemporary)
-10:30 a.m. at AMR (Contemporary)
-11 a.m. at WAAF (Contemporary)

325th BSB provides a lifesaving holiday gift

MICHELLE LELE-HIMALAYA
Armed Services Blood Program
Tripler Army Medical Center

HONOLULU — Soldiers and spouses from the 325th Brigade Support Battalion, part of the 3rd Brigade Combat Team, 25th Infantry Division, located at Schofield Barracks, hosted their first unit blood drive with the Tripler Army Medical Center Armed Services Blood Program (ASBP) during the 2017 holiday season.

Soldiers and their family members eagerly rolled up their sleeves to help support a great cause.

Good initiative
Capt. Daniel Davis, Bravo Company commander, and his wife Fil Beth Davis, rallied together to support the blood drive for the battalion and family readiness group.

“I thought it was a good initiative for our battalion. Supporting a special event like this only shows how much our troops and their families support the military community,” said Fil Beth Davis. “I also had the chance to donate blood for the very first time. I work in the health care field, and I am very much aware that blood products are always needed.”

More than 100 people showed up to donate over the course of three days. They were able to collect 83 pints of life-



Photo by Michelle LeleHimalaya, Tripler Army Medical Center, Armed Services Blood Program

Sgt. Joseline Franco from the 325th Brigade Support Battalion donates blood during the unit’s first Armed Services Blood Program blood drive at Schofield Barracks, Nov. 7, 2017.

saving blood.

Sgt. Joseline Franco was the first to donate and said, “I’ve been donating blood since high school, and you’ll never know

when you or a family member might be in need of blood.”

The 83 pints could not have come at a better time for the Tripler Blood Donor

Center. During the holiday season, the ASBP faces blood collection challenges due to deployments and holiday block leave. Many medical conditions, medications and travel destinations also prevent people from donating blood on a temporary or indefinite basis.

Donating blood can impact a community in a significant way. Since blood is needed 24 hours a day, 365 days a year, there are plenty of opportunities to give back.

“There is no substitute for blood. The only way it ends up on the shelves ready for all these treatments is when people make conscious efforts to donate,” said Capt. Nekkeya McGee, the officer in charge at the blood center.

Donations

Give a blood donation on Jan. 16 at the U.S. Army Health Clinic-Schofield Barracks between 9 a.m. to 1 p.m.

More Online

For more details or to schedule an appointment to donate, call (808) 433-6148 or visit www.militaryblood.dod.mil.

TAMC

TIP

January is Blood Donor Month

Since 1962, the Armed Services Blood Program (ASBP) has served as the sole provider of blood for the U.S. military. As a tri-service organization, the ASBP collects, processes, stores and distributes blood and blood products to Soldiers, Sailors, Airmen, Marines and their families worldwide.

As one of four national blood collection organizations trusted to ensure the nation has a safe and potent blood supply, the ASBP also works closely with our civilian counterparts by sharing donors on military installations and blood products in times of need to maximize the availability of this national treasure.

January 2018

blood donor month

donate to save someone's life

For information on how to donate, please visit: militaryblood.dod.mil

Courtesy photo

During the holiday season, the ASBP faces blood collection challenges due to deployments and holiday block leave. Many medical conditions, medications and travel destinations also prevent people from donating blood on a temporary or indefinite basis.

To help meet holiday storages, donate today at the Tripler Blood Donor Center, 2nd floor oceanside entrance, Monday through Thursday, 8 a.m.–3:30 p.m., and Fridays, 8 a.m. to noon. All blood types are

National Blood Donor Month

THANK YOU

for being a difference maker

TRIPLER BLOOD DONOR CENTER 808.433.6148

needed, especially O-negative, O-positive and AB.

For more information or to schedule an appointment to donate, call (808) 433-6148. Visit www.militaryblood.dod.mil.

To interact directly with ASBP staff members, see more photos or get the latest news, follow @militaryblood on Facebook, Twitter, Flickr, YouTube, and Pinterest.

Physical therapy provider suggests ‘get moving’

MILITARY HEALTH SYSTEM
COMMUNICATIONS OFFICE
News Release

“Hey ma’am, do you remember me?” said a male voice.

Army Maj. Sarah Baker, a physical therapist, looked up to see a young infantry Soldier standing next to her as she sat in a dining facility in Iraq.

“I got back to my unit and look at me now. Thank you for helping me get here,” he said.

Baker, now the director of Orthopedics and Rehabilitation at Fort Belvoir Community Hospital in northern Virginia, had helped the Soldier a few years earlier. He was in his mid-20s at the time and had sustained a shoulder injury while deployed. He returned to the United States for surgery and worked with Baker in the months after to regain motion.

She recalled that he worked relentlessly through rehabilitation to return to his unit when it redeployed. Baker met with him two to three times a week for several months, using a progressive in-clinic treatment program, a disciplined home exercise program, and a variety of modalities in order to break through his range of motion barriers, she said. After about nine months, he was discharged from the program.

“We don’t always get to see folks several years down the road, especially in the Military Health Care system,” said Baker. “To see how far somebody had come and the gratitude he felt to be back with his unit and to be mission-capable, it was awesome.”

What they do

Physical therapists work with patients in both clinical and deployed settings to treat a variety of musculoskeletal conditions, including joint stiffness, over-use injuries, weakness, combat-related injuries and limited function. They help patients restore or maintain functional abilities, reduce pain and prevent injuries.

While PTs are most commonly known in orthopedics and sports rehabilitation, they are also involved in injury prevention, human performance optimization, women’s health and heart health, Baker said.

Army Maj. Jose Durbin, assistant chief of physical therapy at Tripler Army Medical Center in Honolulu, Hawaii, said physical therapists have a large skill set that prepares them for working in a direct access setting. As first line providers, they can evaluate and diagnose musculoskeletal conditions, refer patients to other specialists, prescribe non-narcotic medications and order imaging for patients when indicated, he said.

“We are well-trained to recognize what’s appropriate for us to manage and what needs to be seen by someone else,” said Durbin. “When it does fall within our scope, we have a large arsenal of tools to address that particular condition.”

First line treatment

Physical therapy is often the first step in helping patients with conditions involving the joints, bones or muscles, said Durbin.

Physical therapists frequently use a multimodal approach to help patients during their rehabilitation. This can include manual therapy or hands-on techniques, exercise and various modalities. They also provide patients with the education and tools they need to continue their program at home.

Gen. Robert Brown, commanding general, U.S. Army-Pacific, has always enjoyed an active lifestyle, but that lifestyle, coupled with the career of an infantryman, has taken a physical toll. The wear and tear eventually led to torn patella tendons in both of his knees, resulting in 12 surgeries over the years. Physical therapy has helped him recover mobility, flexibility and overall well-being, he said.

“I don’t know how I’d recover without my physical therapy regimen,” said Brown, who received care from Durbin at TAMC for several months after surgery.

The regimen he used, which included home exercises, sped his recovery and helped him deal with other physical challenges that came up as he compensated for his knee after surgery.

“It’s a lot of work, but the reward of being fully recovered is worth it,” said Brown.

Patients work with their providers to structure an individual treatment plan. Depending on their needs and injury, treatment options can include therapeutic exercise, aquatic therapy, transitional gym training or inpatient care.

“Maj. Durbin provided a tough, but achievable path to better flexibility and reduction in pain following my recent surgery,” said Brown.

Fitting in physical therapy while on the road can be challenging, but the key to successful recovery is the patient’s discipline and adherence to the program, he added.

“One may have a tre-



Courtesy photo
Capt. Micheal McClure goes through a portion of his physical therapy at Tripler Army Medical Center in 2007.

mendous care plan, but if poorly executed or executed inconsistently, the results may not be the same,” Brown said.

Musculoskeletal conditions don’t get better with time, Durbin warned. The sooner people get evaluated and receive guidance or treatment, the more likely they are to see quicker improvements, receive the tools to maintain progress and prevent worsening of the condition, Durbin said.

“A lot of people will put things off because they can still get by, but sometimes they wait until they hit that breaking point where it significantly impacts their quality of life or prevents them from doing the things they enjoy,” said Durbin.

Brown admits he used to try to “Soldier through” much of his discomfort during his recoveries from knee surgery. As a result, full recovery took more time.

Knowing that a key component of readiness is preventive care, Brown encourages all service members to maximize their readiness by seeking medical treatment when they need it and following the advice of the experts.

“The body is an amazing and resilient thing, and sometimes it just needs a little bit of guidance in the right direction,” said Baker.